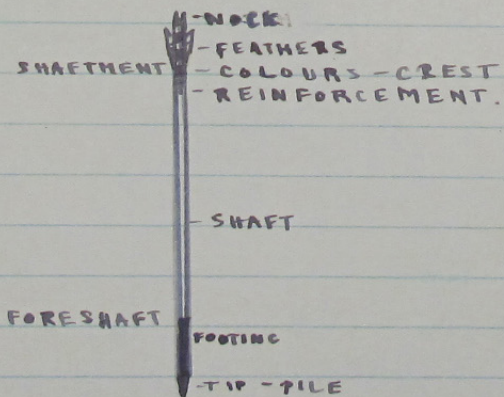
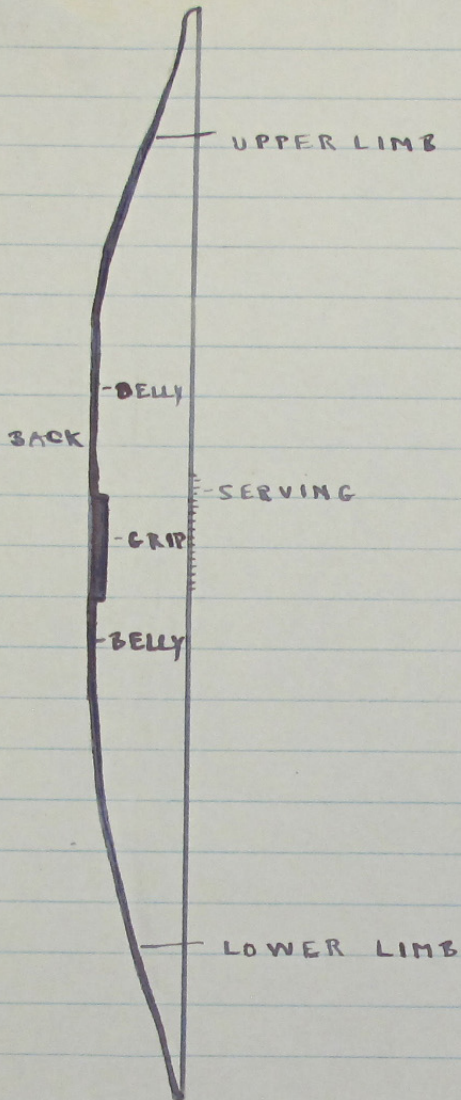


ARCHERY



Archery

Miss Somers.

Preparation of stance

Left arm

1. Left side facing target
2. Feet at right angles slightly apart
3. Left arm stretched out palm down
4. Palm turned up
5. Forearm raised at right-angles
6. Forearm lowered + elbow flexed.

Right arm

1. First three fingers of right hand are used.

Five fundamentals of shooting

1. Elbow slightly bent.
2. Wrist straight.
3. Left shoulder lowered.
4. String is drawn ^{index finger under jawbone.} back to the chin.
5. String makes straight line with middle of the chin.
6. Shut left eye.
7. Point of aim is always in front of target at short distance.

Bending and unbending the bow.

To unbend the bow, place lower limb under the left foot, place left hand on the grip and right hand on upper limb with fingers loose to slip string over the top of the bow.

Reference books - Archery.

Archery Simplified - Rounsaville.

Teaching methods, equipment etc.

A.S. Barnes & Co. 1931 - $\frac{1}{2}$

Hendry Co. Monto

Rounsaville's Handbook - 28¢

Modern Methods in Archery -

Paicart & Keasey.

A.S. Barnes & Co. 1936 - \$1.60

Spalding's Handbook. 50¢.

Syllabus of Archery - Wilson's

Handbook on Archery Terms 28¢.

The Bow-man

Archery Handbook. - Published Newark, N.J.

- Robinhood Publications

Care of Archery Equipment & Selection.

Wood of bows - lemonwood, yewwood (flexible)
orange, hickory, ash, ironwood.

lemonwood - fine straight grain, good for practice
Practice bow 5' Good bow 5' 6".

yewwood - strong & flexible. (you work up to it)

Bow should have straightness,

- dips
- the bend in upper limb
- upper limb is longer.
- workmanship.

(back of bow should be smooth
+ polished)

- bow string (hemp) or rope. ^{linen} flax

Arrow - straightness, stiffness, lack of defects.

- 1) self - all one wood. (hirsch) cedar.
- 2) jointed - inlaid hardwood.

Man used 6' bow - pull of 36-40 lb. 6" grip - serving

Woman use 5'2" bow - 25-30 lb. 5" grip - serving

Beginners use 18-20 lb.

Children use 5' bow - 15-18 lb.

Armguard + finger protection (tapes)

Guiner - catgut or straightened out - then bent.

Bow should be kept in even temperature & not tested by pulling back string suddenly.

Should be held up by a string.

● Use bathroom to warm up bow in the spring moist & warm.

Damp & heat also affect arrows.

Should not have feathers touching.

Bow - strings waxed with natural bee-wax.

Serving replaced when frayed.

Target shouldn't be wet, covered with oilcloth.
Oilcloth or paper faces.

Sin errors that cause missing the target.

1. Peeking - high

2. Relaxing - right

3. Jerking - right

4. Bunching - left

● 5. Throwing arm - left

6. Dropping bow hand - low.

Good bow - 7 main points

1. Straightness.
2. Ribs.
3. Make bend in upper limb.
4. Cross section.
5. Workmanship.
6. Bowstring.
7. Suitable weight.

Good arrow - 8 main points.

1. Fletching; other arrows don't last.
2. Straightness.
3. Roundness.
4. Horn nocks.
5. Fletching.
6. Finish.
7. Matched weight.
8. Pile, parallel & knurled.

Targets.

1. Hand made tournament targets are best for hard use.
2. Compressed practice targets for limited use only.
3. Use 48" targets for outdoor shooting.
4. Stand of soft white pine or cypress.
5. Target stands centre four feet from the ground.
6. Target tilted back slightly.

Causes of arrow falling off bow hand

- 1) Pinching arrow.
- 2) No shelf by bow hand (best method is raised left index finger)
- 3) Tight tab.

Arrows. tip - bullet parallel.

Equipment - bow, arrow, tab, armguard, ft. of aim, range stick.

Target - \$15

case - soft wood - 1' by 3".
hug + paper targets.

Bow - beginner's - \$4.00

Arrows - birch - \$3.25 a set. (12).

Arrow - look head, with end on floor.
- clean tip with steel wool.
- cocoa-butter - on shaft.

Sewing - Barbara's linen thread
raye to cut thread ..

2

BASK

BASKET BALL

BASKETBALL SCORE CARD

HAMILTON

PLACE M.E.S.

TIME 2.15.

DATE MARCH 23/39.

		PINK					FIRST HALF		SECOND HALF	
POS. NO.	VISITING TEAM	ST.	OUT	IN	OUT	IN	FIELD GOALS	FAUL GOALS	FIELD GOALS	FAUL GOALS
RF	BROWN						2 2	0	2	
LF	LADLAN								2	T.I.
CF	WILSON								2	
CG	HARSH									
LG	JARVIS									
RG	FORSYTH.									

TIME OUT

1	2	3
---	---	---

TOTAL 4 TOTAL 1 TOTAL 6 TOTAL
TOTAL SCORE 11

		GREEN					FIRST HALF		SECOND HALF	
POS. NO.	HOME TEAM	ST.	OUT	IN	OUT	IN	FIELD GOALS	FAUL GOALS	FIELD GOALS	FAUL GOALS
BF	WALKER						2			
LF	WRIGHT						2			
CF	COLLIER-WRIGHT						2 2 2	0		0
CG	LYSTER									
LG	M ^C KENZIE									
RG	SABER.								P.I.	

TIME OUT

1	2	3
---	---	---

TOTAL 10 TOTAL 1 TOTAL 1
TOTAL SCORE 12

RUNNING	VT.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
SCORE	HT.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
MAN BY		TIMER JACKSON				SCORER HAMILTON				SCORE				REFEREE QUANZE				UNPIRE JACKSON					

BASKETBALL SCORE CARD.

HAMILTON.

✓

PLACE _____

TIME _____

DATE _____

										FIRST HALF		SECOND HALF	
POS.	NO.	TEAM	ST.	OUT	IN	OUT	IN	OUT	IN	FIELD GOALS	FOUL GOALS	FIELD GOALS	FOUL GOALS
PF.													
LF.													
CF.													
CG.													
LG.													
RG.													
TIME OUT										TOTAL	TOTAL	TOTAL	TOTAL
<div>1 2 3</div> <div> <div></div> <div></div> <div></div> </div>										TOTAL SCORE _____			

										FIRST HALF		SECOND HALF	
POS.	NO.	TEAM	ST.	OUT	IN	OUT	IN	OUT	IN	FIELD GOALS	FOUL GOALS	FIELD GOALS	FOUL GOALS
PF.													
LF.													
CF.													
CG.													
LG.													
RG.													
TIME OUT										TOTAL	TOTAL	TOTAL	TOTAL
<div>1 2 3</div> <div> <div></div> <div></div> <div></div> </div>										TOTAL SCORE _____			

RUNNING	VT.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
SCORE	HT.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
WON BY		_____																						
TIMER		_____																						
SCORER		_____																						
SCORE		_____																						
REFEREE		_____																						
UMPIRE		_____																						



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